

THE NARCISSIST SECRETS

(Know the things they don't want you to know!)

SECRET NUMBER 1: They really, really can't do it without you

"the entire narcissistic agenda cannot be applied with brute force unless they have the power of life and death over you. This occurs only if you are the child of a narcissist or you, far less likely, become physically imprisoned by one. What does this mean? It means their whole game plan depends on your CONSENT"

First some background info, so that you understand how this is all connected. Pay attention to this, as this is what will **separate the average inconsiderate, perhaps ignorant and selfish person to an actual personality disordered predatory individual**.

A narcissist belongs to the cluster B personality disorder, which is defined by a **focus on drama, exploitation and an inability to form healthy long-term relationships**. This means that the default way that these people are operating, besides being destructive for others, is self-destructive in terms of interpersonal relationships.

The Narcissist is very much focussed on garnering and securing as much **narcissistic supply** from their environment as possible. Frequently they will seek positions of power over the people they are harvesting that supply from. If you are in doubt about narcissistically abusive relationships ALWAYS address the context in which these relationships were formed and the power dynamic. We can usually find an issue in the **"power dynamic"** of the relationship in which the abused was beholden to the abuser in some way. In this regard the "power" of the narcissist is *their license to abuse*.

This is true of all manifestations of narcissism. You can think of their "power" as both the "bait" and the "hook" with which they lure and ensnare the victim of their abuse. All other manifestations of narcissism can really just be thought of as strategies for accessing supply rather than distinct personality disorders.

The Overt Narcissist believes he is special and unique and the outside world tends to AGREE with him so it is not hard for him to garner supply. The Covert or Shy Narcissist believes he is special and unique and generally the outside world does NOT tend to AGREE with him and so he learns to feel ashamed of his grandiose self-delusion and battles more with feelings of insecurity and worthlessness and generally has to work harder to garner supply.

Because his tactics are so complex he frequently fails and falls into “depletion” and we see him see saw between a happy and depressed narcissist from day to day, hour to hour as he goes quickly from narcissistic elation when his labyrinthine plans are working, to the crushing self-pitying despair of narcissistic depletion when those plans backfire horribly.

Whether Overt or Shy, somatic or cerebral, histrionic, borderline or even an outright psychopath the Cluster B personality is obsessed with power. They are driven neurotically to seek power over others to feed their addiction.

From this perspective we can see that the narcissistic position is always *fragile, delusional* and driven by strong emotions of *anxiety*, despite what much of the literature might have you believe. They are terrified, yes even the classic narcissist, of “losing control”, of being found out and of having their schemes and worse yet, their addictions unveiled. Make no mistake the Cluster B personality is exactly that: **a desperate, anxious addict.**

**THEY ARE: TERRIFIED OF VULNERABILITY, OF DISCOVERY AND
ULTIMATELY OF BEING ABANDONED.**

Therefore, the narcissist cannot tolerate egalitarian “horizontal” relationships, they are aggravating to the point of inducing rage attacks and can quite easily trigger narcissistic injury. Yes, just being a sane adult, communicating in an equal clear way can provoke them into feelings of anger and resentment so deep that they will labour to find ways to humiliate, torture and punish the person who made them feel these unacceptable feelings.

Understand the narcissist can only feel calm (calm is not “calm” as a normal human experiences it, narcissistic calm is a diminishment of the emotional storm of *abandonment anxiety* they experience so regularly it has become their baseline emotional state) when in a “vertical” relationship and in a position of superiority.

When we say they are *obsessed with power*, this is what we mean. This is what “safe” means in their world: total domination of the target:

Safety and calm is attained through a submission of the target that is a form of blind self-abandonment so strong it is akin to self-annihilation. Anything else is “not comfortable”, “threatening” or a “challenge to my authority to be eradicated”.

To a narcissist success means power, fame and being considered “special” in some way. That means that the pleasure that YOU find in deep commitment such as love, friendships or family life – they view as **too ordinary**.

Even if they do engage in various relationships, they do not last and they are full of drama. For example, this is a common way in which romantic relationships usually play out:

- They quickly start with the partner being their newly discovered “soul mate”, “special” and “rare” where quick promises of marriage and future are made.
- After the victim is hooked, the *devaluation period* starts. Basically, they will start complaining at your whole being and who you are, how you think, speak, look etc. At the same time, their own boundary breaking behaviour will start. They will now start speaking to you in a superior way, as if they know everything better and as your ideas, thoughts and opinions are those of a child, or someone inferior of them.
- And then the relationship will DRASTICALLY end by a total discard - with you as a victim then being “controlling”, “jealous”, “crazy” or “the biggest mistake of their life”. By this time, you will be in a confused state of mind often desperate with want to get back with the abuser, which of course then feeds the narcissists ego even further. The cycle is then closed.

This cycle of behaviour is repeated as soon as they find another person who does not protest or question them. Because if you DO question them, the narcissist moves on to the next person - *always presenting themselves as an eternal “victim of all other people’s consistently unfair behaviour”*.

In fact, this is their main way of getting sympathy from their next victim, and the best way for winning sympathy of people that never had the opportunity to get to know the abuser closely (always look for long-term success within personal relationships when doubting if someone is a narcissist, **do they have even one relationship which is stable for at least a decade and equal in power? Are both parts happy in it?**).

You as the victim, often a co-dependent enabler, will have usually been **drawn in by believing the narcissists false victim-story**.

Psychopaths interviewed in an American jail confided that they tested potential female victims by seeing if they responded emotionally to the victim-story they gave them. The females whose boundaries remained broken since their own childhood, would usually fall prey for the psychopaths. As a result of their own broken boundaries they would have had a limited capacity to detect falsehood in others.

So keep this in mind: LONG-TERM PATTERN IS KEY! It is what defines any personality disorder. A few years of bad luck, a year’s depression, hard time or confusion **-IS NOT-** the same as “*constant mayhem and a lifelong incapacity to hold together -any- healthy deep relationships*”. If you’re unsure about all other symptoms, let this one be the leading one in

your own personal assessment if someone is a narcissist. Besides psychiatric evaluation, it is the only other “method” that is fairly unbiased.

A person has to meet at least five of the following symptoms to be diagnosed with NPD (narcissistic personality disorder) by a professional:

- A grandiose sense of self-importance
- Be preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love
- Believe that he or she is “special” and unique and can only be understood by, or should associate with, other special or high-status people
- Require excessive admiration all the time
- A very strong sense of entitlement. This means to have unreasonable expectations of especially favourable treatment or automatic compliance with his or her expectations from others.
- Be exploitative of others, e.g., go from person to person throughout life and take advantage of them, without loyalty or want of commitment.
- Lack empathy, e.g., unwilling to recognize or identify with the feelings and needs of others
- Always envious of others or believes that others are envious of him or her
- Regularly shows arrogant, haughty behaviours or attitudes

However, the following points are (*perhaps less spoken of, but easier to objectively assess*) **indicators** that the person may have Narcissistic Personality Disorder:

- **A recurrent history of TURBULENT interpersonal relationships.** A narcissist does not value relationships like a neurotypical person does, instead they only use another person for their own addiction – narcissistic supply (admiration). Their sources of supply are endless, throughout their life they go from one person to the next only to escalate more drama.

If you look back at their history, there is a long list of people that they have been involved with. ***Independently if the attention is positive or negative, all this drama results in more attention.*** Their friendships are fake, rare and unequal and their relationship with their family is unloving and turbulent. So if in doubt, always look at a person’s history of relationships and how they value them.

- **Constant denial.** ANY situations in the narcissist life are ALWAYS SOMEONE ELSE’S FAULT. When *confronted* by their victim, they will either:

Outright deny or use a common practise to blame the victim themselves, such as: “you provoked me to behave like this / you made this happen” OR blame it on something that they consider is “out of their control”

“I BEHAVED LIKE THAT BECAUSE I LOST MY TEMPER”

A narcissist has an external locus of control, this means that they cannot look within themselves to try to find responsibility or fault, it ALWAYS has to be explained by circumstances out of their own control. Dr Sam Vaknin calls this an “*alloplastic defence*”. **A sense of personal accountability is necessary for feelings of regret, and regret is necessary for motivating change.** The narcissist lacks both. If you try to compromise or find a common solution, they will often *avoid, laugh or rage* to turn the situation around.

- **Persecution complex.** The irrational and paranoid fear that other people are plotting their downfall and that these others are responsible for the narcissist’s failures in life. The narcissists persecution complex drives him to fully believe that *harm is occurring, or is going to occur -where it is not.* Why this PARANOID belief? It is yet another way of making the narcissist feel important, special and perhaps feared.

These **paranoid** delusions are most likely to happen during a period when he lacks enough narcissistic supply or just novelty. In this case, he compensates by making up *problems and ungrounded narratives up where he is the victim or hero.* This way he provokes people to pay more **attention** to him, as he misbehaves or behaves abnormally.

*Another reason why the narcissist commonly uses this strategy is to avoid true **intimacy.***

To the narcissist intimacy is to be ordinary, as it drives him to be dependent, committed, and behave normally. It exposes what he considers to be shortcomings.

This paranoid belief **justifies** his behaviours such as: *eccentric reactions, intrusion on privacy, aggression and unpredictability.* Many times, it is this delusion and paranoia that leaves him **alone in life, without an intimate loving long-term partner, real friends or close family.** He is alone, as he has *worn them all out.*

Even the closest and most well-wishing people, who commonly justify and forgive his behaviour burn out and he finds himself alone. He becomes a bizarre character, an outsider of the norm, someone who never stops surprising, shocking and alienating himself from the people who actually care.

THE NARCISSIST SEES EVERYONE, EVEN THE MOST INNOCUOUS AND INNOCENT PEOPLE, AS INTENDED TO PROVOKE AND HURT HIM.

When everyone around him has been devalued, and he finds himself alone or lost, he *justifies* this by making himself believe that HE is the one who is REFRAINING from the same people, or acts (such as talking to them, falling in love, having sex etc.). He believes that the world does not deserve him, and that he “shall waste none of his time and resources on it”.

The behaviour of a narcissist leads him to gather as much narcissistic supply as possible. Power, attention, validation, sympathy, all which can from the outside confirm the narcissists false image of themselves; “yes indeed you are special, unique and wonderful”. And while an overt narcissist needs outright adulation confirming his belief of “you are fucking awesome”, a borderline / covert narcissist needs more of a sympathetic flavour “the world is so stupid to not see how awesome you are, your pain is indeed greater than anyone else’s”.

There is something that must be understood very clearly about how the narcissistic relationship is formed. **As much as they may seem to have magical powers of hypnotic mind control they do not.** Every tactic they use is that of a cheap con artist and their skills whilst frequently above average are not exceptional or based on any depth of knowledge or insight.

They *seem* to be more powerful than they are because they:

1. Only target damaged people in a particularly weak or desperate phase of life. New to a city or country? Facing financial difficulties or rejection from your family unit or work? Desperate to get access to something that the narcissist holds the key to? Your desperation makes you vulnerable to narcissistic abuse.
2. When we say “damaged people” we mean people damaged in a very specific way: people who were raised in emotionally traumatic, turbulent, insecure environments by highly self-interested, emotionally dysregulated, narcissistic, demanding, bullying, boundary breaking parents who had no regard for the sovereignty of the child and viewed them as an appendage.

If you were raised in adverse childhood environment, scapegoated and have consequently developed CPTSD with a pronounced fawn response you are the perfect “fit” as the enabling, submissive-codependent to the grandiose demanding narcissist.

You do NOT consent to the abuse per se, but to an external observer it may appear that way. Whilst you are not consciously consenting you must understand that, as the ancient myths go, *the vampire cannot enter your house unless you invite him in.* The abuse you experienced in childhood **broke your boundaries and damaged your capacity to say “no” to abusive, tyrannical personality types and corrupted your ability to assert yourself.** Therefore, at an *unconscious level*, pre-conscious decision making to be able to consent or not, you are brainwashed or programmed into permitting such types into your life, into your home, into your trust and into your intimate spaces.

“It is likely if you have experienced several of these abusive relationships that you are not good at “taking it slowly” in relationships either, of having and defending boundaries in intimate relationships and have an impulsive “all or nothing” approach to romance. This is why people frequently ask if being the codependent enabler is a kind of “attachment disorder”. And in my opinion it is indeed a manifestation of an attachment disorder.”

In the early stage after getting involved in a narcissistically abusive relationship, the narcissist will do *anything to draw you in.* These **turbulent** relationships do start with the abuser rushing commitment and intimacy, doing great acts of love – BUT – what we don't think about is that **most victims of long-term narcissistic abuse unconsciously have their own desire of this showering “love”, because they since childhood are deprived of it.** So more than being naive and comply to the narcissists pushy ways in the start, the victim will many times feel compelled to play a part in the game, even if they consciously consider that these early disproportionate gestures of love are abnormal.

So what is an attachment disorder? In a simple way, it is to have a disrupted way in which one bonds and attaches with someone else. **The perpetual enabling and pre-conscious permitting of narcissistic abuse is a sign that this is what you think love is, at the deepest more unconscious levels.** Love means *abuse and humiliation and abandonment.* This kind of “love” just feels more comfortable and natural. Neurotypical, bounded, straightforward love or “pair bonding” feels alien, dull and lifeless to the CPTSD carrying, boundary broken, enabling co-dependent.

You WANT to be “put under the narcissists spell” because being “tricked” or “hypnotised” is how you experienced love *from your parent as a child*, and **your parental love is your core template for how you learn to love yourself and how you learn what love is in other people.**

THE PROGRAMMING THAT PERMITS THE NARCISSIST TO WORM THEIR WAY INTO YOUR LIFE WILL USUALLY HAVE BEEN PLACED THERE IN CHILDHOOD BY ONE OR BOTH PARENTS.

The “trick” for the narcissist is to find people who are:

- naive
- conscientious
- excessively moralistic
- people pleasers who cannot say no
- People who are obsessed with living out a “saviour fantasy” in order to feel safe/comfortable in connecting with another person intimately.

Once they have such a person who is “pre-brainwashed” since childhood to **obey** the *overbearing, contradictory, sadistic demands, ambient abuse and gas-lighting* of a tyrannical, self-absorbed narcissist it is child’s play to make their “mind control” schemes work. The victim tells themselves that the “narcissist is all powerful and very cunning and sly” but **really the work is all done** for the narcissist in the mind of the enabling co-dependent who pushes through all the red flags of the coming abuse by clinging stubbornly to what Sam Vaknin calls the “**malignant optimism**” of the die-hard co-dependent enabler who is *hell bent on annihilating themselves* in the infinite, sucking vortex of the narcissists poisonous self-obsession.

“IF ONLY THEY WERE SHOWN **ENOUGH LOVE**,
THEY WOULD BE *HEALED* AND LOVE ME BACK”

...insists the enabler rigidly, savagely ignoring ALL evidence to the contrary. This truly is a match made in hell, and truth be told, **both participants in this dance are clinging as fiercely to each other as each other**.

The co-dependent hysterical with the terror that they will never find love anywhere else but with this one venomous savage, and the narcissist frantic with the fear of losing their precious narcissistic supply and of being forced to face their ultimate nemesis: their narcissistic-bubble popping abandonment anxiety.

The fear that they are not all powerful, that they cannot control all attention and adulation and that they are as dull and ordinary as a mere mortal and as such will be abandoned as rapidly as the narcissist abandons mere normal mortals every day. It is what they deserve after all, for being so very ordinary. This logic cuts both ways and there is nothing the narcissist loathes more than a rule they apply to others being applied to them.

The narcissist WILL use ALL information about the you as a victim, to turn it against you **-at some point**. *Your insecurities, your weaknesses, your worst negative and best positive sides. All the things that you are, have accomplished, or are proud of, can be used as a bait to hook you in.* It is these things that will make it easier to overlook or justify their abusive behaviour in the future.

A common deep **desire** of *victims of emotional abuse* is to have a DEEP CONNECTION, to DEEPLY LOVE and be LOVED IN RETURN, a *committed, loyal and long lasting relationship*. **To belong**.

It is a desire that is derived from childhood neglect, parents who did not provide the safe, warm and loving environment that a child needs.

That is WHY the victim will go long ways to try to conform, adapt, struggle, prove, never give up, forgive, justify and change – anything that will satisfy the narcissist, in order to finally receive his approval and through that his “love”. It is a similar struggle and need, an adaptation, that happened during the victim’s early childhood. This is the deeply immoral and heart breaking tactic that the narcissist will play with in his abusive game to hook the victim in.

The narcissist will create a scenario that will make you feel needed, and *as if* you belong with them. *As if* they value your good nature and ability to see unfairness just like you, and as if they -just like you -are looking for “deep committed love”.

This is how the victim usually gets hooked. It is how it all starts, and how the abuse can develop. If you think about it, it will be the first time that you deny truth and reality of their objective life situation (looking at their success in past and current relationships and friendships, family etc.), only to choose to believe their false story about their life instead (an example from a covert narcissist; “during my whole life, I have been treated unfairly, in reality I just want to love you and be loved in return”).

All the narcissists life choices, life style and relationships point towards the opposite direction of stability, love, commitment and normality. But the victim is easily persuaded to believe otherwise by the narcissist.

A **single, solitary, dominant, self-centred individual** with a *life style that reflects these attributes*, and a **life history of numerous failed relationships, friendships and family connections -where it all was someone else’s fault** -is NOT a good choice if one longs for a stable, undramatic, loving relationship. No one but themselves could ever change this cycle, and the main problem with this disorder is that they refuse to.

So unfortunately, the victim’s own cognitive dissonance makes the narcissists persuasive and abusive agenda successful, to be able to *self-abandon* at the same time as *continue to adore the narcissist* in situations and contexts which actually go against one’s core beliefs and values. To believe the narcissists story over the objective truth about the abuser’s life style and situation in life, the victim needs to become blind to the truth, and driven to see a different picture of reality. In these relationships, you as a victim become so involved and committed to the relationship with the narcissist, that you feel that your whole world will fall

apart if the relationship ends. You simply need it to work. Many times the victim **believes that the abuser truly is as rare as they want everyone to believe that he is**. This is also why when someone attempts to advise the victim to split up with the abuser, they will also be *ignored*.

Instead, the narcissist and their fake image may be protected and held up by the victim themselves.

THIS IS ONE OF THE MOST **PAINFUL** PARTS OF RECOVERING FROM AN ABUSIVE RELATIONSHIP, THE KNOWLEDGE THAT EVERYTHING THAT YOU EVER KNEW, HAD OR EXPERIENCED WITH THIS PERSON WAS FALSE.

This is when the victim finally has to face the *reality* of the person they have been involved with.

Practically, the narcissist “moulds” the victim into becoming more of what he needs them to be. This is how this can be noticed:

- Their initial caring and loving will soon become more and more rare.
- Early on you will notice sudden shifts in the narcissists behaviour. In situations where they clearly behaved in a certain way, they will now start slipping.
- Messing up their cover. In case you are in a romantic relationship with them, they will perhaps be clearly caught flirting with someone else. Without any doubts, caught in the wrong.
- Not following their commitment and promises to your relationship.

These are the situations in which the roles in the power-scenario of a narcissistic relationship are emphasized, because you may confront the abuser with a clear confidence in that you are in the right to be offended by their behaviour. **But their reaction that time in the start -is a probe**. Like a test to see how far they can take it with you, *before you bend*. This is why you need to be **hooked first**, because they *need* to know that you will do almost anything to try to save the relationship.

This “probing” can in the mentioned example look like;

- telling you that you are too jealous,
- telling you that you flirted with someone else on a different occasion (so that makes it right for them to do it),
- confess of flirting and start fake-crying to make you feel guilty of making them responsible for their actions, or
- becoming extremely enraged to chock or scare you to take the accusation back.

In this case you may come to the point where you are thinking “*wow, this is becoming too dramatic, better to just let it slide for this time*”. You may even end up feeling **guilty and**

apologizing for ever bringing it up. For ever making them upset. This for them is the sign, you are bending.

This sign means that you are too invested in the narcissist and your relationship to let anything come in the way!

Even in situations when there CLEARLY are things that are **unfair or wrong**.

WHEN THEY SEE THAT, THAT BECOMES A PROTOTYPE TEMPLATE FOR SITUATIONS THEY KNOW THEY CAN PUSH AND BREAK YOUR BOUNDARIES ON IN FUTURE SCENARIOS. THIS DATA IS STORED FOR LATER USE.

Now, **any** time you have **anything** important to discuss where they may have to take responsibility for their own behaviour, it will end up in a similar scenario, perhaps amplified depending on the severity of their wrong doing. With a sliding scale of their emotional counteraction being directly proportionate to how bad they already know what they have done is. **The worse they feel their misdeed is the more ferociously they will defend themselves.**

Therefore, in a way, you give them consent to succeed and go on with their methods of abuse. To the extent that these methods have been proven to work, why on earth would they stop doing them? They condition you by using your love and guilt against you every time they want to get away with something.

Had it been a non-disordered person who did you wrong, they would be open to explore what happened, and they would be ready to accept that they were in the wrong. Or they would at least tell you their version of the situation, in a way which allows solutions for the future.

Remember the narcissist is never solutions-focussed and always domination-focussed. This is what makes arguing with an NPD in a relationship so bewildering, frustrating and exasperating: you are projecting your co-ordinates for reality onto them when they actually harbour a completely different perspective on how relationships work, with dominance-submission being the preferred hierarchical template.

If someone's conflict handling ability is stilted and lopsided, it will reflect on every part of their life, during many years of their life as a continual cycle and pattern of miscommunication and ultimately upset with people close to them, be it lovers, business partners or family members.

EVERYONE is a jealous adversary **out to get them** or else everyone is a total buffoon who cannot see their true genius. Look out for this narrative being adopted. It certainly should be considered a major red flag.

The narcissist will at this point start to grow in confidence that they have you suitably under their control.

As if they have the power to do anything they wish, and as if they do not owe you anything. **That means, all the promises and commitment will be thrown out the window as though those promises were never made. If you bring them up, you will be treated like an idiot and gaslight to be made to feel perhaps they were never made.** Or that they were made...

“BUT FOR GOODNESS SAKE YOU DIDN’T THINK I WAS SERIOUS DID YOU?
HAHA! YOU POOR THING...”

As the promises go out of the window, if you have lasted to this point, **so will you!**

During and after the narcissistic discard, is when the worst type of abuse happens. This is when it is most important to remember that if they have any type of power over you, they will use all of it in any way possible with no deference to any moral boundary whatsoever to manipulate and hurt you.

They feel **entitled** to do so as you have most likely inflicted several injuries upon their narcissistic ego by doing silly things like:

1. pointing out when their words did not match their actions, or
2. their actions did not match their precious projected image.

They will in their narcissistically injured mind believe that you need to be punished for ever questioning them.

You will become the crazy, low-valued, controlling and jealous ex (or their crazy friend /child / family member/ co-worker etc.). They will make you a black sheep, an untouchable, persona non grata.

DO NOT ATTEMPT TO GO INTO A BATTLE OF WILL OR POWER WITH A NARCISSIST, THEY WILL ALWAYS -ALWAYS- TAKE IT A STEP FURTHER THAN YOU EVER WILL.

As they lack your ethics and morals. More than anything, they lack humanity and respect for the time you have had together. You are no longer the guy, or girl they used to define the love of their life. **They lack object constancy.** That means that they will only

remember you for your last arguments, your worst moments, your questioning, or the heartbroken person you were when they discarded you. **Nothing else.**

To cut your losses in these situations means to empower yourself. It means to take back the control that you need, so that they are ABLE to break you any further. If dealing with someone with narcissistic personality disorder, NEVER make the mistake to *assume or project humane traits in them*. NEVER assume that they will be kind, or understanding with you – unless it benefits their image for someone else.

The “cut your losses” mindset also works on a smaller scale, in case you are in the middle of a devaluation situation with the narcissist. Being called names, or told very hurtful things. In any case where you have given them the power of devaluing you, they will.

So, becoming mindful in these moments and seeing the narcissist for what they are, gives you a certain power back. **Do not react, respond or engage in any way with their temper tantrums.** This would mean that you are taking part of the game, or giving them the power to hurt you.

It all functions as in the story of “emperor’s new clothes”. Whoever participates in their abusive system, they will also fall prey for it. Only the ones who stay mindful on the outside, can consider themselves safe.

SECRET NUMBER 2: That they already have a backup plan in case you fail -and you are no different from their last target.

*It is sad but true. They have a backup plan in case you get too rebellious. In case you start protesting or making a fuss over your needs or their promises, **you will be discarded within no time.***

A discard will either happen *quickly over a day, or they will do something unforgivable and force you to leave*. Why would they bother with you if you make things difficult for them? Remember that all they want from you is some type of narcissistic supply. Once that is not available any more, or becomes too much of a hassle to get, **you’re done!**

The thing is, that they may already have had an alternative person in mind since the first time you raised your eyebrows to one of their behaviours or comments. Narcissistic supply can be gathered in different ways, even collecting sympathy from people they don’t really like. Yes, seriously. In fact, this is common. Notice how the people they call their “friends” continuously get devalued behind their back. And in case people in their surrounding start picking up on their destructive patterns, there is always the option of the endless online world, or just moving away somewhere else to begin the cycle all over again.

DO NOT IN ANY WAY COMPARE YOURSELF AND WHAT YOU OFFERED WITH SOME ALTERNATIVE THAT YOU HAVE BEEN REPLACED WITH. It is **not** about your personality, loyalty or how much you loved them. And it is **not** about all what they have promised you.

It is about finding someone naive enough to give them quick access to some new admiration. They will most probably use you as a perfect story to win sympathy from their next target. Or they may have demonised you for months already while they parallel to devaluing you, started grooming this other person.

Some people feel a strong urge to warn the narcissists next victim, this urge is fed by the feeling of needing to uncover the abuser's dirty tricks (a type of revenge for fooling you) and of course to try to save any future heartbreak of an innocent person. If not in a romantic relationship with the narcissist, this may apply for future colleagues or friends. Unless you are specifically asked by any of these future victims in confidence, **don't go there!**

Outside of protecting people from criminal acts, do not try to interfere with the destructive force of the abuser, as it will back fire in one way or another. You will be going into war using the same type of weapon as the narcissist uses, a type of manipulation. It may feel as if you are doing good, but remember, only you know the true nature of this person. To anyone else, it will all sound like madness and a desperate attempt to seek attention or the petty revenge of a jilted lover.

MAYBE YOU CAN FIND COMFORT IN KNOWING THAT A NARCISSIST SOONER OR LATER WILL BE REVEALED BY THEIR OWN MAKING, YOU MAY NOT NOTICE IT, BUT THE PEOPLE AROUND WILL.

Healthy neurotypical people will notice that something is dodgy with him/her even if the narcissist keeps a low profile, and even though they may stay within the "distant friend" zone in the narcissists life, they will keep away. It will be a natural instinct.

The narcissist will come to a point in their life where they hit a wall of some kind. This is the "Narcissistic Crisis Point". If not by being caught up by the law, perhaps by finding themselves alone at an age where their power no longer is of value to them. When the people around them has moved on with their "not special enough" lives, they will stand alone and lonely. It is a very sad truth, remember that this abusive personality lacks the true feeling of love and belonging. They are puzzled by what brings other people together.

So what do you **really** know about the narcissists past? Do you know their past partners? What about their friends, do you know them? Chances are that they have lied about their past relationships and friendships, making themselves appear as the victim at all times. It would be interesting to hear the version of their latest discard. Even though, unless a close

friend of yours too and they spontaneously share their experience with you, don't attempt anything here neither. Your best bet will always be to cut your losses and move on.

After their discard, many **victims of narcissistic abuse will feel so overwhelmed and confused by the incongruence of the narcissists promises**, compared to his actions that they may get stuck in a close to obsessive pattern of behaviour.

Some symptoms that you as a victim may experience are:

- Disproportionate general fear
- Constant extreme anxiety
- Sudden acute depression
- Sudden major weight loss/gain
- Hiding from social interactions
- Loss of self-confidence, self-worth (noticed by sudden change in personality, from usually confident – to shy, quiet and insecure, unable to make eye-contact)
- General confusion about any type of decision making
- An impaired ability to communicate clearly and loudly and to form sentences
- Suicidal ideation
- Hopelessness
- Obsessive behaviours (extreme working, reading, exercising, but also excessive studying about narcissism, psychopathy etc.)

The obsessive behaviour focuses on the victim trying to find the truth and answers to all the questions that the narcissist left them with, due to the lack of closure.

Even if the narcissist gave you their reason for discarding you, *it may still not make any sense, as it may go against what they said about you only days before the discard*. Or, suddenly you will find information about the narcissist that you never knew before, which may drive you into a spiral of information search about who they really are.

Another common and addictive behaviour for victims of narcissistic abuse is the sudden interest in “narcissism” as a subject, all to try to explain what actually happened in your past. To gain an insight into the subject in order to understand and heal is an important step for victims, however, **spending eight hours a day studying the information is not healthy.**

This “detective” behaviour may seem rational at a time when you are still hurt by the narcissistic discard, but it will keep you in the unhealthy bubble created by your involvement with them. The more you dig, the longer you are STUCK not moving on with your life. It becomes addictive, as it may block some of the pain of heartbreak for a while. There is a reason the narcissist is so flaky after the discard, you ask them for closure and

they run, avoid, or behave as if you were not worth the time and effort. **Do not give them this power, instead find closure for yourself.**

The narcissist doesn't do friendly and honouring break ups or ending of friendships, or honouring the past in general. They DON'T DO CLOSURE OF ANY KIND. If they did, then reparation of the relationship would be possible. Or at least, it could finish on GENUINELY friendly terms.

If you pay close attention, you will notice with how much passion they talk about the wrong-doing of their past victims. Nothing can ever end in a neutral, normal or casual way. Drama is always present. Nothing ever ends on friendly terms.

Whereas neurotypical relationships many times can be reconciled, as both ends believe in genuine change and self-development, **this cannot be done with a narcissist.** Because they would never want to explore what went wrong in the past in the first place. **In their minds the only thing that went wrong is that someone who should have rightfully been their boundaryless, supplicating, all indulging slave has rebelled.** They certainly did nothing wrong, how could they? To do so would be outside the limitations of themselves as superior beings, beyond reproach. Hence, self-reflection, development and change is not an option. It is one of the defining traits of this personality disorder.

So they practically make sure to burn all bridges. They don't want you around annoying them while they are going for their next target, you may ruin their cover. Once the initial magic is over with you, they see no reason to have you around, as you cannot give them anything they consider of **value** anymore.

Of course, the narcissist would HATE you to realise that this is the truth of the situation so they do all they can to hide, gaslight and blur the lines between fiction and reality so they can hide this behind a smoke screen of superficial charm, self-victimising and propaganda.

The thing is, some narcissists may still **keep an ex in the back of their head as a last option for falling back onto**, just in case nothing else works out. Months or years later, they will with the same type of approach as they succeeded with last time, try to win you back. They may even be totally open about that they could not find anyone like you, and that is why they want you back (until they find some alternative).

It is often said that a narcissist is unaware of their own personality and how it impacts others, but as opposed to this general belief, many of them actually are very aware!

The researcher Erika Carlson and her team published a scientific study called “*You Probably Think this Paper’s About You: Narcissist’s Perceptions of their Personality and Reputation*” in 2011. **The results of the study brought three surprising conclusions about narcissists:**

- 1) They understand that others see them less positively than they see themselves
- 2) They have some insight into the fact that they make positive first impressions that deteriorate over time, and
- 3) They have insight into their narcissistic personality (an example is that they actually DO describe themselves as arrogant!).

The authors also discuss if the reason for these results could be that a narcissist possibly could perceive things such as “arrogance” as something quite positive, compared to neurotypical people who find it offensive and negative. On the other hand, they theorize that the reason for these results also could be that they in fact DO perceive the negative traits as negative and realize how they impact others, and that this fact maybe is reflected in the narcissists common states of depression and anxiety. Very interesting findings!

So chances are that *there is a list of victims from the past of the abuser*, people who just like you got pulled into a lie of romance and love, or of companionship, loyalty or commitment of some kind. Now, just like the others, you are just another crazy person on their path of destruction.

It is an incredibly painful truth to face, much more than the usual heartbreak. You may wonder why that is?

It is because everything you thought you had, that deep **connection** with this person, was a **lie**. A trick for them to get something out of you, and it isn’t love.

The effort, love and commitment that you poured into your relationship was all one sided. As a difference from normal relationships, people move on with a perhaps sad, but healthy knowledge that even though it did not work out in the way that they had hoped, they are grateful for their time together. They actually **respect** and value their past friend / colleague or intimate partner, instead of devaluing them behind their backs.

When in some kind of relationship with a narcissist, this is all the delusion that **they want you to believe**. *Your strong wish for deep connection with them, is what made their abuse successful in the first place.*

SECRET NUMBER 3: They use you, only to get what they want!

*So what is a narcissists true intention? There are different types of narcissists, and they may seem to have different goals. But, common with all of them is the objective to seem superior to others, hence why they **crave** narcissistic supply!*

To constantly get admiration (or fear), is a type of confirmation of that they indeed ARE more special than anyone else (within their chosen field of interest). The drama and havoc that they create only adds to that, **because if they just casually move on without shocking and upsetting, they would more easily be forgotten.** They would appear as just another person. Unacceptable. The ending of a narcissistic relationship of any kind will be a major catastrophic disaster worthy of Hollywood, with as much unresolved chaos and attachments as possible.

If the abuser truly is personality disordered, they will go to the end in terms of getting what they want. That is for example why they usually are successful in business,

they will bend truth, morals, ethics and ideas or will not consider things other people would consider a sacrifice as any type of loss or hurdles at all.

In their mind, others are there to be taken advantage of for their own benefits. If they can do it (what seems from the outside) in style and save their false appearance they will (as opposed to a true psychopath).

Have you ever got into a situation where you met someone, a charming and intelligent adult, in the midst of their life, but that:

1. Don't seem to have any real friendships with other people who are in a similar situation or age as themselves?
2. Or in case there are people around that could call themselves their friends, they would continuously be devalued behind their backs by the narcissist?

For one reason or another, the narcissist will try to appear too good for them in some way. If you take a situation like this, ask yourself – **how come there are no wholesome people close to them (besides maybe family members)?** People who are interested in a sane approach to life? Someone who may ask them – why are you doing that for?

This is due to their **recycling of people**, this ever interchangeable lifestyle. If you know a narcissist on distance, they will have SHIFTED lifestyle, wants and needs almost every time you meet them. Nothing is too unexpected, because they lack a real personality and real commitment to people.

They would hate to be predictable, and will rather mould themselves into any possibility that would grant them some kind of sympathy or admiration for their pretend-personality.

Early on in your relationship with a narcissist, it may have seemed as you have many things in common, but with time you may notice how aspects of their personality seem to “not add up”. Wherever you considered yourself “knowing them”, they will turn around and surprise you otherwise. An example:

They will sell you on the idea of being a *responsible and sane potential parent*, but it will seem like the bare idea of a child in their lives intimidates them!

Understandingly, as this would mean to have to give priority to someone else in their self-centred life. A total devotion. **They lack the warmth and caring nature that a child needs**, and it will often be noticed when they are around them.

Children will often pick up on their false personality, it will scare them.

A narcissist brings chaos into any relationship that lasts long enough and that is interpersonally close, this will be visible THROUGHOUT THEIR LIFE.

Remember that it is one of the **major** signs of this disorder. The interesting thing is that, in this quite predictable and repetitive cycle, they do like to appear unpredictable. And this is where one can get the overhand of them. If you ever find yourself in a situation where you wonder why someone is behaving like they are to you, why they are causing all that drama, look out for the signs of this cycle.

Here are some signs someone is using you:

- The person is only available when he/she needs something from you
- Emotional blackmail (is the narcissist blaming you for everything wrong in their life?)
- Never asks you how you are, feel etc. but always expects you to listen to them
- He /She seems to “advertise” you as a trophy for their social circles.
- He /She does not invest in the relationship in any way
- Does not really know you, and is not interested to find out anything about you
- Do they seem annoyed and as if you are disturbing them a lot of the time?

You may very well be able to predict their next step, depending on if you can work out what their power of interest is. Money? Fame? To appear as the most intelligent? Or most physically desirable? In what way are they trying to appear special in their life?

- How did you fit into their plan?
- What do they generally lack in their life that you could have added to (not talking about love, loyalty and commitment but rather shallow things)?
- Do they have a strong desire for money?
- What about a strong desire to be popular or the centre of attention? Could you offer them that, and do you recall their willingness to it?

A true narcissist is very skilled at picking up on any of your personality traits. Good and bad, not to get to know you and care for you, but for the best use of you. One thing that most victims of narcissistic abuse have in common is **naivety**, that is what made it possible to hook you in to start with. Another trait may be your **conscientiousness**. Your perhaps less desirable sides may include feelings of *anxiety or guilt*, *low self-confidence or self-worth*. All of this combined, makes a loyal and more easily blinded victim.

In fact, many people connect with a narcissist in a period of their life when they are feeling at the lowest or rawest and most vulnerable.

Desperation is frequently a *founding element* of the narcissistically abusive relationship. Perhaps right after a loss of some kind, or during another tuff period in one's life. A period where your natural defences are lowered. Another aspect that comes with this difficult period in your life is **your increased need for intimacy**. More than ever, you may have needed love. THIS is what make the first red flags easier to ignore.

Connected to all of this, you will be more *aware* of your own *affected state of mind*, and will find it easier to agree to any criticism they may have on you. It may even be that you may ascribe some qualities in the narcissist, which actually are not there at all! In this period of your life, you are in the MOST SUSCEPTIBLE state of mind for an outsider to interfere and manipulate with your sense of reality.

SECRET NUMBER 4: They don't want you to know that you CAN say "no"

Many times when dealing with a narcissist, one is overwhelmed by their ability to push you down into submission.

What would in many cases seem as a rational and clear decision, choice, thought or behaviour in your life, **you may slowly lose touch of it**. This drive or instinct that would lead you to live a sane life, will slowly be broken down.

1. You may start feeling confused about your own priorities in life, and
2. you may lose interest in things that used to make you feel fulfilled and thriving.
3. Slowly, your sense of what is right and wrong may be blurred,

...and this is directly related to the slow erosion of your personal boundaries that they are **quite deliberately engaging in!**

This is what happens when you wake up to the fact that you live inside of the narcissistic bubble and that contact with the outside world
-could empower you.

The longer you are close to a narcissist, the further away from normality you get. It makes sense for them to try to discourage you to have outside contact with normal sane people who care about your wellbeing.

This is a common tactic of these abusers. **They will devalue any person around you that you may be close to, and that could give you any type of reality check, or contact with the outside world.** The best scenarios in the predatory mind of this personality disordered individual, is a case where their victim is physically ISOLATED. This means that you will not have any friends, co-workers or family members around that could warn you or try to wake you up from this abusive nightmare.

But in case that strategy of isolation is not possible, they will casually chip away on every truly loving relationship that you have.

There are many ways they could do this, one way is to devalue the people you care about. An example of this could be:

1. The narcissist tells you how your close friend doesn't really care for you the way you think that they do. That they have hidden agendas, that you cannot see.
2. Another thing they could say, in case you are in a romantic relationship with them, is that your good friend was flirting with them. In most cases, the reality will be that the narcissist themselves was flirting with your friend, and in case your friend is not single – even better! The more havoc and drama the better!

Their total lack of boundaries makes it common for a narcissist to **dominate conversations** or discuss things that *may be viewed as inappropriate or awkward*.

They will bring up topics that are seen as very sensitive to talk about, or they will be inappropriately making questions about things they know should be avoided in a specific company. These social interactions will put the partner or friends in a situation where they are left patching up and apologizing for them. But the narcissist will leave with a smug satisfactory feeling of having yet again succeeded by being the centre of the attention. It will make them feel **empowered**.

With time in this narcissistically abusive relationship, you may even lose touch of what your **worth** is. As you slowly become distant with your family and friends, you will start ADAPTING to the uncaring environment that you find yourself in.

You may be so devoid of **warmth and love** that when occasionally faced with it, it may cause an overwhelming **feeling of sadness**. You will have forgotten what it really feels like.

For victims of narcissistic abuse, it is more important than ever to stay close to the people in their life that love them. These individuals **will not be blinded by the same filters as you**, as they have not been moulded to fit into the narcissistic bubble. People who love you will often pick up on the fakeness of the narcissist, no matter how charming they may seem to you!

If there is no real love there, they may not tell you unless you ask, but they will know. It is a common thing that people that are close to the victim come out with their true feelings about their (former) partner.

Most times it will happen after the relationship has ended, but not always. You may recall advice people gave you, **words of warning**, that while out of touch with reality – you refused to take. These warnings or hints will often relate to setting your personal boundaries, but in order to do so, you are advised to open your eyes to some things that you seem to be blind to.

The narcissist will many times have a strong dislike of your family and friends and avoid any type of gatherings. These would be occasions where others would pick up on their agendas, and the hostility would increase.

Underneath this hostility to your loved ones, the narcissist is ABSOLUTELY TERRIFIED, as these are the same people that they will actively avoid in their life! Relatively boundaried people in a somewhat stable place in their life, who the narcissist does not have the same ability to manipulate.

To these people, the narcissist is clearly dispensable – the opposite of special. And by truly caring for the victim, they will interfere with the abuser's agenda of breaking the victim's defences.

So the ability to have a clear understanding of what is going on in reality, and the skill of setting boundaries, is crucial when dealing with a narcissist and crucial to your recovery from abuse. As these same points usually are the ones that are fragmented in the victim, it is important to be around people in which these abilities are balanced and

healthy. With time and through recovery, the victim's boundaries will get stronger again as they recover the ability to see things more objectively.

A narcissist will manipulate you into believing that you cannot escape your abusive situation, and they will slowly wear down your perhaps otherwise confident personality, wants and needs.

To have strong boundaries in this abusive scenario does not only mean to having the ability to say "no" when they try to persuade you into something you do not want, but it also means to be confident in who you are as a person and your beliefs.

It means to:

- be able to end or walk away from a situation when they are being verbally abusive, saying "I will not talk to you while you are calling me names, when you are ready to talk and solve this like an adult, let me know".
- Or to not participate in an activity that does not make you feel good.

The abuser will not want you to become aware of the power of your boundaries, because that will cause friction in their plan to mould you into their accommodating **slave**.

But the truth is, you DO have the power to assert yourself, and when dealing with a personality disordered individual it is more important than ever to have clear and balanced personal boundaries, without them one is sucked into the chaos of the narcissistic mind.

Also, a boundary will control your own reactions in abusive scenarios. They will expect and depend on certain reactions from you in certain situations or contexts. **Being boundaried at these times takes their power away, it leaves them empty handed and blank.**

Personal boundaries are:

“guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave towards you and how you will respond when someone steps past those limits”.

Setting healthy boundaries is a way to take personal power back in your life, it is to choose to step out of the narcissistic bubble and to stay outside of it. By defining your own boundaries, you bring a sense of awareness to all situations in your life, and you start seeing the truth and reality much more clearly. It is a reverse motion against all what the narcissist's abusive behaviour wishes to create.

When building your own boundaries, you need to search for what you feel is right for no one else but you.

- How do you protect your freedom?
- Keep your dignity?
- Maintain your personality?
- What should happen if these things were disrespected?
- How would this happen?
- Are there shades of grey?
- What are your priorities in life?

Take the overhand in a possible future abusive situation, and give yourself the push forward to not only recover from the past but thrive in your future.

If you have not thought about these questions, it is time to look within and start. Richard Grannon has made a free course on how to build your personal boundaries, you can find it here: www.buildbetterboundaries.com

SECRET NUMBER 4: The narcissist does not want you to know that they ONLY CARE about outward appearance - Nothing else!

As opposed to a true psychopath, a narcissist cares a great deal about how he/she appears to others and the power that can be extracted from that.

The two general clusters of narcissistic personality disordered individuals are divided between:

1. the cerebral /shy / covert and
2. the somatic /confident / overt individuals

If you think about it, **appearance** drives them both (to such an extreme that they are personality disordered). These two different types of narcissists have developed a way in which they can collect much more narcissistic supply in an easier way. Peoples admiration of their seemingly extra clever minds, or of their sculpted bodies is what make them tick

Most cerebral narcissists will focus on creating an image of having personal characteristics or talents, such as intelligence and an ability to solve riddles no one else could solve, or having a God like power in saving people. To be in a position of authority secures a continuous flow of admiration and subordination for the narcissist. Authority is obtained in one way or another, for example **by being a mentor or guru they will collect subordinates and followers that look up to them.** If you wonder if someone is a narcissist, *look out for how they make themselves an authority rather than following any deeper personal pleasure.*

They will **pretend** that their drive to do good is genuine, but these types are INCREDIBLY TRANSPARENT once you stop and observe their behaviour for a moment. When no one else is watching, they will naturally go against their own pretend values. When it comes to it, they will devalue their followers, not care about suffering of the innocent, and despise any perceived weakness.

All this while polishing and framing their medals and accomplishments and **showing them off to as many as possible** (they lack integrity! They only do good deeds or show interest in things to “impress” others!), while using their entitled superiority to get more of what they want and to put anyone else who questions or disagrees into their place.

The **somatic** narcissist will on the other hand focus on their *physical looks, to such an extent that they become obsessed with it*. This is not a healthy touch of vanity, but a strong drive on putting attention on physical appearance (beauty, athleticism etc.) more than anything else in life. And they NEED for others to admire their “special” physical appearance. **It is what seems to be in their mind most of their days**. So why is this important to know?

It is because behind a narcissists true desires lies the power of predictability and knowledge that is of true value to the victim. Here is an example:

Many somatic narcissists are about securing possible sex partners, and the more of them they seem to be able to get (sometimes without having to actually go through with it), the more fulfilled they feel. It greatly adds to the pleasure if their target is very sexually desired by others.

Narcissists (mostly somatic) feel sexual desire just like other people, but what amplifies this desire is **the symbolic meaning of owning or humiliating their partner through various sexual acts**. They also find deep enjoyment in turning down potential interests or using them as mere props for their own pleasure. It is a way of showing their power. The thing is however that they recognize their own desire and needs, and they see it as an extreme weakness.

Just like with anything in life, a narcissist cannot and will not let themselves need anything, or *anyone*.

In fact, they secretly hate any person who provokes any kind of need in them.

To need is to submit, and to become dependent on someone else for fulfilment. Someone who has the power to abandon them. That goes against their very nature. It is in these scenarios that they often crumble and slip, in this frustration they uncover their true self.

This frustration is most often seen as profound contempt towards that same person that teases their desires, or that gender or type of people in general.

Even though they will feel *empowered by the conquest* of a highly desired partner, they will simultaneously *envy the casual power that their sexual partner has on others*, and will hate them for it.

As the narcissist becomes aware of all this, it fires into a cycle.

1. They become aware of their own extreme jealousy, another feeling that shows their neediness.
2. It amplifies their frustration. The fact that they now are frustrated with the need, desire, dependence and jealousy, makes them attempt to justify it somehow. Because, as superior beings to others, these type of primal feelings are all associated with weakness.
3. So to justify, the paranoia kicks in. They literally fabricate far-fetched storylines that they start telling themselves.
4. They start to **actually believe** that their partner is cheating on them, even though the truth and reality is far from it. This whole cycle usually culminates in explosions of narcissistic rage where the mask finally slips.

This way **the narcissist creates a situation where they fall into their own trap**.

Now how will they justify this extreme and now clearly transparent expression of submission and need of the other person?

Answer: Projection, devaluation and discard. Be ready for it! They have now **sold themselves onto the idea that you as a victim has cheated on them**, so their reasoning is: "I will never forgive him/her. This relationship is over."

By doing this they:

1. Firstly, create a false image for others (and be sure that they will lie to them about your breakup where they portray themselves as the ultimate and always so unlucky victim of others terrible unfaithfulness and lack of commitment) to generate even more narcissistic supply from them, and of course to avoid being questioned and made responsible.
2. Secondly, they use this totally fabricated betrayal as a tool against their own feeling of need. *If their partner had cheated on them, that would mean that they were not special and powerful, which intrinsically offends them. They feed the contempt they have for their discard.*

Here is another trigger. Besides the feeling of neediness which is within the abuser, there is nothing that infuriates them as much as *indifference* from others, which comes from without.

A narcissists core objective is to create chaos and emotional ups and downs to extract narcissistic supply to feel powerful and special, so *indifference is its antidote.*

Just imagine for a moment the mere effort and time they put into their false appearance. All that effort to try to provoke, shock and tease people to fuel them with narcissistic supply.

Now imagine an indifferent target. It is the ultimate display of power in their eyes, they will hate you for it and it will cause even a stronger injury resulting in further explosions, revenge and drama!

Once again, it is about taking back your own control, which directly interrupts their agenda.

A DISCARDED VICTIM OF A NARCISSIST THAT FEELS INDIFFERENT TO THEIR ABUSE TAKES AWAY THE ABUSERS FEELING OF POWER AND SUPERIORITY.

They cannot win, as they are cornered and clearly exposed and may even attempt to see if they can groom you back just to regain their sense of power. To be in “no contact” with the abusive ex is a good and necessary step for anyone in recovery and is always advised, but the narcissist may perceive this as a sign of success and winning.

Total avoidance *can to them be perceived as fear and submission.* A **lack of care and indifference** can be shown in a passive communication style where the abuser seem easily forgettable and perhaps quite dull. But this also should be balanced, not to seem too out of your character and hence a reaction to their behaviour.

All of this can be extrapolated from the **extreme drives** of these abusers, the powerful secrets which are the fundamentals of their plans. Even though narcissists can vary slightly in how they obtain their supply, the cycles function the same.

Have you noticed how a true narcissist cannot stand boredom, doing of nothingness?

It makes sense if you think about their adrenaline spiking need, the chaos and the drama. A borderline narcissist may have various types of addictions that keep him/her distracted, but what can one extrapolate from their inability to face boredom?

Well, one thing is that adrenaline to them leads to productivity and action, for which they will gain power, success and through that admiration. In Dr. Sam Vaknin's book Malignant Self Love:

“the Adrenaline Junkie feels that he is in control, alert, excited, and vital. He does not regard his condition as dependence. The narcissist **firmly believes that he is in charge of his addiction**, which he can quit at will and on short notice.”

Another thing... a person suffering narcissistic personality disorder **envies others who seem to have more time to relax**. It is true! At the same time, they are also seen as USELESS (to justify this inferior feeling).

On the other side, their victim is walking on eggshells and randomly thrown into different directions in order to calm the narcissist **whenever his/her adrenaline spikes**. Out of the blue there will be a great crisis, serious game changer in the plans or extreme reactivity to paranoid situations.

They will **in seconds** go from withdrawn and quiet to screaming and name calling.

- This is what causes the victim to also experience sudden adrenaline spikes in unexpected situations, which if experienced long-term can result in symptoms of PTSD -

Of course, like with any other confrontation, the narcissist validates his/her adrenaline addiction as a justification for success, failing to see it as an addiction at all in spite of the pain it causes the people close to them and the **detrimental effect it has on all their relationships**.

A good way to use this knowledge to your advantage is to note how and when to expose the narcissist. For example, they will go great lengths to avoid some people and situations. Use that as a judgement, what type of people do they avoid? Remember, genuine people with balanced and normal lifestyles intimidate them. They are boundaried and see right through them.

Don't try to keep the narcissists behaviour secret or cover up for them!

It is what they want, it is what makes it so isolating for the victim.

Spending time around friends and family will unmask a narcissist. They CANNOT both keep their cover and abuse you for any longer period of time, their behaviour towards you in others company *is transparent*. Even though there are ways in which the abuser covertly can hurt you even in public, be sure that it is noticed and noted. If other people do not get

the exact hurtful action that was targeted towards you, they will pick up on their general intent.

SECRET NUMBER 5: They don't believe in morals, ethics and loyalty, -they just expect you to!

As mentioned, a part of a narcissists way of succeeding with his/her agenda, is through the function of your unconscious consent. This consent is related to them probing and slowly pushing your boundaries, but, more than anything it is related to a single assumption that is common not only in victims of narcissistic abuse – “he/she thinks, expects and assumes like I do”. Many people assume that others think similarly as themselves.

It could not be further from the truth, and in fact, the **disparity** in the way we think does not only apply in a case with narcissists but between people in general. Think of how many people only grow up with different cultures. That alone will change so many things that we do not even think of, it could be as trivial as someone's tone of voice. But imagine how much impact someone's tone of voice can have within communication between two people.

What ties most people together is some basic life principals, morals and ethics. Many of them vary, but there are some which are common across the world. Without having a lesson about this,

- Ethics are considered to be more objective things such as friendliness, charity, responsible consumption etc. so unethical behaviour would be such as neglect, bullying, cheating, crime, corruption and such.
- Moral behaviour is a little more subjective and depends on what principles one follows.

But moral imperatives are usually rules telling one what *one should and should not do*. It is very related to responsibility and duties. Examples are *to live according to the laws in society, or that you should not kill, lie or steal*. One of the moral imperatives that is very relevant here is “Do to others what you would have other do onto you (or alternatively, don't do to others what you wouldn't have others do onto you)”. Also, usually what is good is right and what is evil is wrong.

Most people are raised by these ethics and morals, it flows in our bloodstream and very rarely do we have to think twice about what we think about an ethical or moral judgement that we have to make. It comes natural, and one considers oneself to be a relatively good person if one follows these rules and behaviours within a lifetime. If we make mistakes and break any of these, **we feel bad through guilt and become full of regret.**

The regret, coupled with empathy for another person is what makes people desire to learn from their mistakes.

It is what gives us drive to push forward, make changes and do better next time. It is also what makes people **humble**, as it comes with making mistakes and understanding one's humanity, knowing that no matter how much you know you can always learn something more and new. While pride is focused on WHO is right, humility is more focused on WHAT is right. It is to have or show a modest or low estimate of one's importance.

At this point, if you are dealing with a narcissistic person in your life, you will have realised how interconnected these variables are. A narcissist is everything but humble, they lack humility, they do not follow ethics and continuously do immoral acts. Because of this lack, they also **do not experience guilt**. Narcissistic personality disorder is:

A long-term pattern of abnormal thinking, feeling, and behaviour in many different situations, that reflects the lack of empathy, ethics and morals.

What makes a narcissist successful in the abuse of others comes with the understanding that their victims usually are very concerned with what is right and wrong.

This is:

- a. what a narcissist falsely advertises to charm their victim and hook them in to begin with, and
- b. what is used against the victim and will hurt and chock them the most during the devaluation and discard period. When a cluster B personality drops the mask and starts acting out their real self, this is what they play and manipulate with.

That is why it is important to never assume that they would not do a certain act, just because you yourself or others wouldn't.

There is nothing that would stop a narcissist from breaking boundaries and rules of conduct, the opposite, that is how they usually are diagnosed. They have a strong desire to break these normal human boundaries, and one of the things that differentiates a narcissist and a psychopath is their impulse control in doing it or not, coupled with being seen while doing it.

A *psychopath* usually has *less impulse control*, that is why they often end up in prison, while a narcissist usually evaluates their acts slightly more and tries to hide their unethical and immoral behaviour from others (who they consider of value) to see. This is due to that a narcissist values their "false image" (who they are pretending to be), while the psychopath does not really care. Unless it affects the end result of their action of course!

So a narcissist **will not feel guilt**, but may feel regret for their own personal losses.

More than anything, this personality is defined by a constant feeling of shame. Why is this?

It is because their false self, their fake personality *becomes challenged* and they then need **to prove that this failure of any kind, was not really connected to him/her**. In one way or another, **the narcissist will distance him/herself from the responsibility of owning this failing act**.

Usually they will do this by devaluing the person who is around, as they will feel challenged by them. **Even a totally innocent person may become the narcissist's victim of blame, only to turn the focus onto someone else!**

It is when a narcissist is challenged that the devaluation starts, it is the only way that they can protect themselves from facing their true self, and from others seeing it.

If a narcissist gets challenged too often by people around them, they will do anything possible to avoid to face this challenging.

They will:

- devalue,
- project,
- avoid,
- isolate themselves,
- move away,
- take revenge or
- plainly rage the person who challenged them into submission.

In one way or another, they will **twist the situation around**, often with paranoid delusions about the person who is challenging them wanting to get something from them.

In a narcissists mind, PEOPLE ARE OUT TO GET THEM. Due to their grandiose fantasies about their own accomplishments and importance, they will believe that others envy them. And they will trust no one.

The ethics and morals that neuro-typical individuals live by will be used as a **map of predictability** by the narcissist.

He/she will be able to *plan their future agendas and objectives quite accurately, because they know that their victim will play by the rules until the end*.

We are not advising any victim to behave immorally or unethically, nonetheless, this information is crucial to know when dealing with a narcissist.

If you know what they know about you, you will feel more empowered and become aware of your future behaviour around the narcissist! They are EXPECTING the victim to be predictable at all times, and if they are not, the narcissist will panic and turn anxious.

When this personality disordered individual gets anxious, for example when challenged, they will usually display it through **fits of rage**. So, in the situations when the victim becomes hard to predict, there is a type of power shift that occurs. This is also why the “no contact” rule functions in a way that not only *protects the victim from further abuse*, but that actually empowers them and pulls the rug from under the narcissist.

A person suffering with NPD that experiences social rejection of any kind in public will blame others for it through calling them hostile or incompetent.

But, if they are pushed into a corner where their own shortcomings become impossible to deny, they will instead become severely depressed.

With increasing age, as more and more personal relationships fail and the narcissist falls out with everyone around them, the narcissist will find himself
lost and alone.

Therefore, if you have for a long time tried to get closure and solve your past problems with a narcissist but without success as they are keeping away, raging or avoiding you – give up the idea of closure.

Accept that this mess that is created was their objective, so why would they go back and undo and detangle it?

**The desire to solve things and honour your past has always been your wish,
not theirs.**

SECRET NUMBER 6: How your pain for them is an opportunity, a weakness, NOT a source of sympathy

A study at the University of Surrey, UK, showed that narcissists do actually not lack the ability to feel empathy, they may just actively choose not to feel it.

If a person who is high in narcissism is asked to put themselves in the shoes of someone else, **they can do it**, and they CAN feel the empathy. In the study, the researchers timed the heartbeat of narcissists who listened to an audio blog of a person going through a

break-up (neuro-typical people would experience an increase in heart rate during an empathic response).

Initially, while listening to the audios, the narcissist's heart beat did not change. BUT, when told to put themselves into the situation of the person they were listening to, their heart rate DID increase to the same level as neuro-typical responses! **This means that if narcissists are encouraged, they can consider and empathise with the point of view of another person and therefore behave more compassionately.**

So why don't they?

Because, their drive towards their agendas is too strong, so they have shut off that feeling as it is to them useless. They haven't used it throughout their life, as it does not serve them.

If you are hurt by someone or something other than the narcissist him/herself, they may not even notice it, and if you tell them how you feel, they will use this as an opportunity to break and upset you even further. **To them, your hurt is a sign of weakness, not sympathy.**

There is usually no mercy at the point when a devaluing and discarding narcissist senses their targets pain, as you as the victim at this point are very emotionally unstable, they are also much more reactive. A narcissist is therefore even more likely to push you down and hurt you further. Their uncaring response can be either experienced through them ignoring and neglecting the upset of the victim, or by actively devaluing the victim even further.

It is a great opportunity for them to prove their superiority through the submission of the hurt individual. Needless to say, if the narcissist is in the process of grooming a new victim, they may behave over the top caring for this new person. **They will go out of their way to please and charm, again, and as the future victim usually at this point feels emotionally unstable they will take the bait far easier.** As mentioned, most victims of narcissistic abuse met the narcissist in a period of their life when they felt hurt, low and when their defences were low. They were promised the exact things that the victim needed the most at that time.

To secure the attachment, the victim would have been blown away by the extraordinary -so called- sacrifices and signs of commitment that are displayed to them in the beginning of the narcissistic cycle.

The truth is that even though it may seem as the narcissist is going *out of their way* to win your trust in the beginning, they will always want to actually invest as little as possible in you. They do not sacrifice or compromise things that they actually value, as they

appreciate very few things besides their own image and ego. They do not really have attachments nor value things or situations in life, like neuro-typical individuals do.

So these great sacrifices and investments that they use as a proof of commitment, mostly do not change nor compromise their original plan or behaviour anyway. **It is usually just another opportunity to convince themselves of their greatness and special qualities, at the same time as shocking you and observers with their “out of the ordinary” acts.** A perfect way to hook the victim in and to use this act as a leverage against you, in any future confrontations. It is a tool for manipulating with your critical thinking, as well as direct provocation of your feeling of guilt.

In case of the narcissist being the one who hurt you, and in case you bring it up (even kindly and submissively) they will see it as criticism of themselves. It is that same situation where due to their refusal to see themselves for who they are underneath the mask, they become aggressive and confrontational.

Most often through paranoid thoughts, they will explode with accusations and contempt towards the hurt victim. The reason of your hurt will be twisted around in such a way that you end up feeling responsible yourself, and perhaps as a negative and bad person. If they can, they will call you names and tell you incredibly hurtful things, blame you for getting into the situation in the first place.

“Why did you push/provoke me to abuse you?”

If you are still of use to the abuser, this manipulation will end by themselves doing you the favour of accepting your failure, and acting like the great person that they are to also accept your apology. **This is another way to try to prove their grandiosity and that he/she is special, a never ending struggle in their life.**

Seen from the outside, if we imagine a person lacking the feeling of empathy, it is quite logical that to them there will be no difference between an attempt to solve a confrontation with someone, and criticism of themselves.

Besides, there is no “you” and “me” to them, there is only “me” and anything that comes towards them is used to define and build their own ego. They are looking for validation of their false self at all times.

Empathy is what would allow and make it possible for problems to be solved, there would not be such destruction, drama and broken relationships if they empathised. People who experience this feeling, also have the possibility to feel true guilt, compassion and mercy as they feel the pain they have caused and feel the responsibility that they have. These feelings are the ones that become the drive to want to behave differently in the future.

The narcissists lack of empathy is usually what a victim will pick up on early on after meeting them. The red flags will typically be associated to, not just the actions of the narcissist, but the lack of them in situations where others would behave much more compassionately.

What many times confuses the victim of narcissists, is the abuser's ability to understand the victim to such depth.

- If someone lacks empathy, how then will they be able to know their victim's deep desires, weaknesses, worries, wants and needs? The same things that were used to hook the victim in to start with?

It is theorized that the **ability to empathise in a much more predatory way has developed in narcissists, as they use this ability to be able to take advantage of people.** This is HOW they are able to manipulate you, as they display the actions of an empathising person!

At the same time, this is how they also are able to hurt you like no one else has ever done.

They know what you **fear** the most and what **hurts** you the deepest and sooner or later, they will use specifically that to break you. This is why victims of narcissistic abuse often feel so powerless and sometimes frightened of their abuser, they find themselves in situations where this uncompassionate and reptile like predator is holding the strings to what means the most to them.

As this is the desired end result in the narcissistic agenda, one of the main ways of disarming the abuser is:

To become unattached, in any way possible.

By the victim cutting the strings that are attached to the narcissist, they become independent, and this is the narcissists worst outcome. **Independent people are boundaried, and the abuser cannot control these individuals with any tricks.**

They do not in any way depend on the narcissists behaviour, and so the abusive cycle cannot succeed. Perhaps easier said than done, but this should always be the number one goal of any victim of narcissistic abuse. Even if using all other methods to geographically distance oneself, or cut off all contact with the abuser, if they have something that you deeply desire, they have the ability to make you suffer even in these situations.

Remember that this desire can involve things such as **love, stability, and loyalty**. How many victims **refuse to give up until the end** to prove the narcissist how important their relationship is?

Many. At this point, the victim is depleted and the narcissist full of narcissistic supply. They have sucked the energy out of their victim, just like planned.

So if the abuser in your life is someone who is in charge of your living situation, work, money, or the one who seems to have what you desire the most in a partner, this needs to be defined early on. When you figure out what the many times unconscious attachment to the abuser is, then you will also have the key to empower yourself again. It may be hard to realise, but you can fulfil these desires elsewhere.

If you keep the focus on what made you stay in the abusive situation to start with, you will see things more clearly.

The narcissist does not want you to become aware of this, they will at all times try to convince you how SPECIAL what THEY have is, and how you cannot find what they have anywhere else. **This is false**, and the most common and dangerous hook they use to keep control of you!

Make it a priority to:

1. find yourself again and become as independent as you can in a very practical sense
2. then become aware of your deep desire that got you involved with the abuser to start with.
3. Do not lose trust or hope, or pretend that this desire is not important for you in the future, just to avoid future heartbreak. It is not a healthy lifestyle, and similar to what the narcissist themselves are doing in their lives.
4. Do the opposite, make it a priority in your life to create and work towards that desire safely. It is when this happens, that recovery and healing can begin, as you detach yourself from the power of the abuser.

SECRET NUMBER 7: That any information you give about yourself is a weapon to be used against you later

A narcissists view of their victim is as an extension of their idealized self. It is a tool that is used to prove their superiority, that is why they need constant admiration. But when this tool no longer seems useful, or begins to threaten their false image of themselves, the narcissist instead uses all effort, power and imagination to create as big distance and differentiation between themselves and their victim.

By using projection and paranoid fantasies, **they ascribe the most off putting and undesirable characteristics to the victim, so that they easily can detach themselves from them.**

This is WHY it is possible for narcissists to one day see you as useful to their agenda, and the next day change their minds entirely. Besides the fact that someone else usually will seem more fitted to fulfil their purposes at that time.

Have no doubts that the narcissist successfully sells themselves on the idea, that you actually are all the awful things that they tell you.

They have a great ability in convincing themselves,
it is what their whole life is about.

The creeping CONTEMPT that you feel from them is **not a charade**, it is a feeling that has resulted from their manufacturing and turning you into a monster in their eyes. At this point, they are so sold on their own fantasy of how horrible you (the victim) are, that they will find it SHOCKING and UNBELIEVABLE how others cannot see it!

They will then be inspired to turn the sympathy others would show to the victim, back onto themselves.

Most people dealing with a narcissist will have learned about their ability to convince everyone of how horrible the victim is, and has been to the narcissist.

Their projection continues, as they try to create the perfect context and storyline where the victim can be devalued even further.

Anything that can be of use to convince others will be used. If you are the victim of narcissistic abuse, **expect your most intimate information about you to be reviled and used against you.**

Just like they used their deep knowledge about your personality, values and your deepest desires in the start, they will now take advantage of your biggest insecurities and fears and turn them against you. By doing this, they succeed with their agenda in three ways:

1. They fabricate the perfect scenario where they appear to be the victim.
2. They gather a massive amount of narcissistic supply as people start to sympathise with their story and
3. They break you even further, as they both isolate you. They use the connection and love that you have for the people they know are convincing, against you.

They are driven by contempt, as you have now become their enemy. **Because you are that person who was coming close to revealing their false self and therefore threatening their very existence!**

As you ask yourself “if there ever will come a day where they realise or accept their wrong doing”, remember that the narcissist does not have the ability to *forgive*.

This comes as a side effect of their inability to empathise. So in case you are in a situation where you need to come up with arrangements for dealing with the abuser in the future (in case of shared custody or similar) **do not be fooled by that whatever you do, and however you accommodate them, that they may calm down in their revengeful tactics and agendas.**

If you once succeeded to truly challenge their view of themselves, you will forever be their enemy and even if you may be convinced that a solution has been reached -EXPECT it to be challenged at all times.

In fact, any personal agreements should be viewed **as an opportunity for the narcissist to break you even further**. Therefore, if you can, use legal contracts and solutions to ensure that they will be forced to take responsibility.

SECRET NUMBER 7: That Their Covert Abuse is Actual Abuse!

The narcissist would hate for you to wake up to the truth that their gaslighting, ambient abuse and covert strategies represent ACTUAL abuse.

Think of it this way: if I your partner walks into the house, slaps you around the chops, screams foul language at you and breaks something of yours deliberately you get to say: “hey you slapped me, swore at me and broke my precious thing” and you know and they know and it is known that this is a thing which happened.

This means:

1. You will probably actually do something about it or at least **can** do something about it.
2. If you tell other people about it, they can know that it happened and can understand that, *yes this is indeed abuse*.
3. These things are actually recognised by the state as unlawful behaviour. People have their freedoms taken away from them if they continue with these actions as they are illegal.

Now, how does this function with no overt abuse, but COVERT abuse?

Well, let's just refresh our memories on the Favourite Covert Tactics used by narcissists which could be said to forms of "invisible" and therefore hard-to-prove abuse.

- Gaslighting: Withholding or altering factual information about objective reality and blending it with a fabricated version of the abusers choosing with the intent of making the victim doubt their own sanity. The effect on the victim is ever increasing self-doubt, feelings of worthlessness and insecurity, frustration and anxiety or rage.
- Ambient Abuse: Gaslighting should be considered a form of ambient abuse. The umbrella term of "ambient abuse" is anything that is non direct and involves use of the ambience, or atmosphere or template within which a situation is occurring to cause distress or pain. The psychological equivalent of making it rain on someone. This can be done by sulking, the silent treatment, going into a silent rage, withdrawal into the self, sudden shifts in mood, withholding of information/care or love and passive aggressive meta communication.
- Passive Aggressive Meta Communication:
Meta Communication on one level could be seen as just the fancy psychologist way of saying body language. But it goes beyond most people's definition of just body language, its effectively ALL communication that isn't the actual content of the language itself. It includes the following:
 - Tutting, sighing, pulling faces (contorting micro expressions and micro gestures), suddenly grabbing the victim, putting your hand on the victim's shoulder and pressing down whilst making heavy eye contact and saying things with an odd demanding tone of voice like a cheap stage hypnotist.
 - All odd alterations in pacing and volume that include, whispering, mumbling, deliberately making it hard to be heard (a covert isn't going to shout at you, that is their defence *"I'm not shouting, YOU are shouting, so you must be in the wrong"* but continually forcing you to say "excuse me, can you repeat that please" is an excellent tactic to wear away at the victim's patience to get them to explode or to completely exasperate them into a state of psychological helplessness).
 - Standing too close, standing too far away, flinching as though you are violent when you are not, making sudden violent motions so you that you flinch away from them, causing or creating violent and chaotic situations and then standing back to let you handle it whilst they silently withdraw, sudden changes in emotional state (**can you FEEL the tension in the room?**)

- Odd pausing, odd glances, “ghosting” and “mirroring”, terms I created for people who linger right behind you or next to you and move as you move so they are constantly just inside your private space; in essence it is any strange or off balancing body language or gestures or vocalisation that falls outside social norms and creates bewilderment, confusion or distress.

“Ambient abuse penetrates and permeates everything – but is difficult to pinpoint and identify. It is ambiguous, atmospheric, diffuse.”

- Sam Vaknin

Take a note of the list above and note how often these tactics are used to make you feel:

Guilt

The favourite tool of the covert narcissist is guilt. Nothing sends their prey into a spiral of self-deprecating, self-annihilating, self-abandoning doubt like a goodly injection of venomous guilt. This can be done through all the methods described above. The agenda will be to use ambient abuse, gaslighting and passive aggressive communication to make you feel like you are an awful, cruel, thoughtless person that has victimised the poor, blameless abuser. And that you have forgotten the favour they have done you by being with you.

All the abuser has to do is convince you that no matter what happened they are the biggest victim in the room and you could potentially feel guilt.

Be aware if you are prone to feeling guilty for very little, it makes you vulnerable to this kind of attack.

Shame

The second favourite tool, because the feelings are just as corrosive and just as powerful as guilt but it takes a little more to make a person feel shame. If the victim has any kind of boundaries, even weak boundaries, it will take a little more theatre to send them into a shame spiral.

For this to work the narcissist will have to goad, trick, cajole or lure the prey into actually doing something that could be perceived as shameful. For example, if the narcissist sets up a premise for the relationship that is jokey and boundary breaking and uses a sarcastic sense of humour, it won't be long before, in order to naturally keep rapport, you will meet them at their level.

You may be tempted to respond to them from the coordinates from which they are talking to you. This works especially well if the jokes are flirting with the edges of social taboos like sexism, racism, political incorrectness, criminal behaviour or very highly sexualised communication. If you respond in kind, at that point the trap will be sprung:

“I can’t believe you just said something so OFFENSIVE to me. I am triggered by your callousness. I am WOUNDED by your insensitivity. The cost of your lack of sensitivity to me is great and long lasting, you callous monster.”

If the narcissist knows the victims “triggers” it shouldn’t be too difficult to ensnare and entrap them into a good bit of shaming.

Punished

It is deeply satisfying for the narcissist to make their victim feel like they are being punished for their wrong doings.

In truth, the narcissist is living in a deluded, psychotic reality in which they think they have the right and are indeed punishing their victim. They are kings and queens of their kingdoms, we their lowly serfs. If we “forget our place” we will of course be punished, either to be cast into the oubliette of the lowest dungeon and forgotten, banished from the kingdom altogether, mutilated in the town square or beheaded.

Sounds cartoonish and silly? Well this is the overly dramatic, cartoonish and infantile world of the toddler-tyrant narcissist. Whimsical, sadistic, hypersensitive to perceived slights, Machiavellian, back stabbing, scheming, quick to punish and very, very slow to forgive.

Why do they do they feel this need to punish?

The victim will not be fully aware of the multiple infractions they have committed against the narcissistic ego through normal, boundaries human interactions which grate painfully against the abusers inflated hyper sensitive, insecurely maintained sense of superior self.

These injuries might be inflicted by:

- having friends,
- having contrary opinions,
- having contact with the outside world that doesn’t involve the narcissist,
- going to work,
- having a job,
- having ambition,

- being able to make independent decisions etc.

As absurd as it sounds, anything that pertains to you being a normal functioning human being may inflict a narcissistic injury that demands PUNISHMENT.

Watch out for feeling like and being treated like a naughty child by a grumpy, disappointed parent.

Consider also you may not have actually caused narcissistic injury yourself. **If you remind the narcissist of the parent or ex they loathe the most, that will be justification enough.** *And you will be treated as though you are that person.* If you are interested, you can look up a psychological function called “projective identification”.

The narcissist has weak external and internal boundaries. The consequence to you is unfortunately that: **one person is much like the other and therefore you will frequently be mistaken for and treated like the ex or parent the narcissist still harbours revenge fantasies for.**

This leaves you in the unenviable position of punch bag/voodoo doll.

The **trigger** for a narcissistic rage attack upon you in this case might be that the narcissist was simply *remembering past affronts against their precious personage and is now using you as the “whipping boy/girl” because they cannot attack the person who actually caused the initial offence.*

Charming is it not?

Note that being treated “*as though*” you are something you are not is the **essence** of ambient abuse. You are (obviously, though you may be so gaslit you forget) an adult in what is ostensibly an equal relationship with another adult, but you are TREATED LIKE something else.

Whatever the narcissist chooses: A murderer, a rapist, an adulterer, a thief, a con artist... a morally repugnant, disappointing, worthless piece of human garbage. If they keep “treating you as though” you are this and gaslighting you, if you don’t leave, you will start to buy into their **propagandising and before long you will believe they are the innocent victim and you are the worthless garbage they want you to think of yourself as.**

“Don’t believe the hype”

- Public Enemy

Morally Judged

From the role play they engage in of being a moral superior it's an easy position from which to play the role of moral judge. Of course the covert narcissist never actual says they are your or anyone's moral superior. That would "show their hand" and they do all they can to hide their disgusting level of arrogance.

Instead they reflect that deeply held belief of being morally better than you and everyone else through their **quietly smug, superior, withholding demeanour**.

This of course combined with the odd comment here and there that offers an insight into their *true nature; their high handedness, hypocrisy, double standards and a total abandonment of any attempt to be fair and rational in their relationship* with other people and reality itself will be all too apparent if you follow the clues.

Watch for a pronounced tendency to **observe rather than engage**, to treat life and the situations in it like a passive passenger, or the viewer of a film. Even if they themselves have created the drama unfolding in front of them they will sit back with infuriating aloofness and leave others to clean up the mess.

If that wasn't enough this tendency towards indifferent observation is usually accompanied with a snooty disdain for the chaos that is unfolding. No sooner have they caused the chaos than it is instantly externalised and distanced from as though it was never theirs and treated as the unpleasant consequence of "others" to be judged and judged harshly as "morally wrong".

Some coverts, it would appear, even like to go so far as to give lengthy lectures regarding morality and moral codes as though they embodied them. **And woe betide anyone who points out how full of crap they are when it is proven time and again by their actions (not their words) they only expect OTHERS to live up to these standards whilst flagrantly and flamboyantly flouting them themselves.**

They do not believe they have to keep to the standards of mere mortals. They believe themselves "above all that".

- Animal rights,
- ethics,
- appropriate behaviour in relationships,
- the importance of honesty

...may all be favourite topics of lectures they will deliver to a captive audience **even as they covertly break all the standards and boundaries they speak so passionately for.**

As well as a preference for watching with judgement rather than actively engaging in reality or mere human affairs, they also prefer to listen unenthusiastically than to speak.

Withholding is key to the covert narcissist. Not showing their hand. They are terrified of being uncovered for the grandiose fantasies they secretly harbour that are a constant source of shame -even to themselves.

The superiority complex they have is harder to spot than in classical narcissist but watch and you will see it manifest in aloof detachment and dismissive meta-communication:

Interrupting you as you talk, sighing, yawning, checking their phone, getting up and walking away as you are talking, giving little or no eye contact, being condescending, glaring furiously, groaning and sighing and other dismissive gestures, making no secret of the fact you are boring or annoying or offending them and a general lack of attentiveness and even basic manners.

The covert struggles to remember anything you have said, mainly because they are so self-absorbed they have barely any disk space left of the hard drive for anyone else. So they barely listen to anything you say.

If they do speak, it will seem as though it is coming through a very controlled and narrow aperture and it will be loaded with criticism, judgement, reflections on how disappointing or unacceptable or unenjoyable or generally below the standard they hold for themselves you or everyone or reality itself is.

They live within their own rigid, tight reality tunnel and when they do occasionally open up and offer an opinion and speak apart from a goodly dose of criticism you will also hear a monstrously **self-centred focusing on their own bigoted, conceited, rigid and entirely unchecked opinions.**

These opinions will be touted as indisputable fact and you will notice rapidly how cringe inducingly silly and childish some of these precious “thought bubbles” being offered to you as pearls of wisdom really are. It is considered to be an infantile personality disorder for good reasons!

Coming back to the example given in the beginning of this section.

What if instead of coming home and hitting you, swearing and breaking your things, the

covert came home and made a few disparaging comments, brought up an issue you found painful, demanded information about it (apropos nothing at all) despite your protestations you don't want to talk about it, then proceeded to judge, belittle and criticise you for the information they have forced from you under duress only to walk off half way through the interrogation having become bored with it.

What then? Is this “abuse”? (yes of course it is but you will doubt it) Can you prove it?

1. You will feel so awful, shamed and guilted about the experience you will probably tell NO ONE about it. Self-isolation starts to become a stress response.
2. If you do tell anyone about it, what are you going to tell them and what will they hear? Your partner came home in a funny mood and asked you weird questions you found upsetting? So?
3. There are NO laws that prevent this from happening. Being “off” with your partner is not a crime. Per se.
4. You are on your own. Isolated and confused, not even having been given the liberty to say to yourself with certainty:

“It's them not me, I am definitely the victim of abuse. That sucks, no what do I do about

SECRET NUMBER 8: Their tactics are cheap, their goals contemptible

The last thing a narcissist wants you to wake up to is how lowly and childish their objectives truly are. As this would reveal them as a pitiful, weak, desperate addict.

Their false narcissistic image of “god like over lord” would be utterly destroyed forever. This is for the narcissist the greatest tragedy. The ultimate abandonment that they are so terrified of and work so hard to avoid.

To whit, they also don't want you to realise how cheap their tactics are. We use “speciality terms” like gaslighting and ambient abuse to help victims penetrate the subtlety and cunning with which they have been made to feel like they are going crazy.

Sometimes though it is worth reminding ourselves that their are other terms for what they do that are more common, “less special”.

Like “lying”.

Yes the narcissistic abuser uses the tool of lying to get what they want and to make you doubt your sanity. Arguing with the narcissist is a uniquely infuriating business as they lie so frequently and forcefully that they end up destroying the very means of communication with which you are talking : language itself.

And they simultaneously, in lying so frequently and about such important things, corrode a principle upon which language itself relies heavily: an adherence to objective truth.

In time arguing with the narcissist becomes completely futile as you realise the extent, the breadth and depths of their lies. With eye to eye contact, deep sincerity and emotion (or sometimes rage) they will tell you that indeed water is not wet and night does not follow day, that you are confused, mistaken or just remembering what you thought you knew to be true “incorrectly”.

Yes, they have their self justifications for the appalling, risk engendering, life damaging, needless, corrupting, hurtful and poisonous lies that they tell, but ultimately they are still lies.

Which makes them, in other words simply “liars”.

The last thing a narcissist wants to be is reduced to a common all garden liar, cheat or thief.

“Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.”

- James E Faust

SECRET NUMBER 9: That their sob story is bullshit

Every Cluster B personality, from the histrionic, borderline, covert, overt narcissist through to the antisocial personality disordered psychopath uses the same bait to hook their prey: the sob story. Whatever you were told, and whatever you voluntarily told yourself to believe to be true about their sob story you should, when waking up to the possibility you are dealing with narcissistic personality disorder, begin to question it now.

Here is a list of questions to help you think through, using logic, the validity of the sob story upon which so much of their “bad behaviour” was based and excused by.

How many times have they propagandised to you and spun a narrative of an event to reframe it and make it seem as though what happened didn’t “really” happen like that?

How many times have you caught them in bare faced lies, lying through their teeth to your face whilst looking you dead in the eyes?

This pattern of behaviour is surely proof that they have a questionable relationship with the truth does it not?

Can we not, then, as good philosophers who observe the principles of critical and rational thought,

also state there seems to be a pattern of lying that indicates they to lie in ways beneficial to their agenda rather in ways that oppose it?

That agenda usually being to make themselves look like good and morally upstanding beings whilst making you (or others) look like awful moral degenerates?

Can we not also reason that it is a very rare occasion when they lie or twist the truth in such a way as to make you or any other person look **better** than they really are or themselves look **worse** than they really are?

If all the above questions generated a positive response, can we not then deduce two likely possibilities?

- 1. They know they are lying and are doing so quite deliberately**
- 2. They lie as a convenient means to get what they want**

Therefore if all that seems to be true cannot we not also begin to suggest that perhaps the narrative they have spun you regarding their mistreatment throughout childhood and life might not quite be “the full story”?

And that being deliberately misleading and disingenuous and missing out important parts of a story in order to control perception of a story is functionally the same as lying?

If you are still with me and are nodding furiously than I say to you:

The sob story that sucked you and kept you around feeling sorry for them was...

Bullshit.

SECRET NUMBER 10: There is actually NOTHING wrong with you and you are TOTALLY free to leave

The narcissist would hate for you to know your true worth.

On some level they perceive you as “better” than them and they despise you for it. The very thing that made you a shiny bauble to be possessed and drew them to you is now the same thing they want to punish you for.

How they would love to dim that shine, to crack that bauble. Forever, so no one else will ever wish to play with it again. These are the children that kicked down a sandcastle they had built just to spitefully ensure no other child should have the pleasure of playing with it.

How long have they fought and schemed and laboured to do exactly that to your self-worth?

And yet, here you are. Learning how to undo all that evil nonsense and to walk away head held high.

Battle scarred, yes, but stronger and wiser.

Narcissists do NOT pick unexceptional people. It offends their sense of self as special and unique.

The fact you were selected means there is something exceptional about you and they value it highly. BUT:

1. They will never tell you what that thing is. They don't want you to wake up to your worth.
2. They will never thank you for what you have given to them through that specialness.

You might at some point, be given a terse compliment written in a card. You may, at some point, **be told but not shown** how grateful they are for you and what you bring to their life via a text message or, but never, ever will that gratitude or compliment be demonstrated with full feeling in the flesh.

Why?

Because they simply don't feel it. The fact that they don't makes them feel annoyed. The source of that irritation is you. Now they are angry at you for making them feel guilty that they don't feel like paying you a compliment or showing you gratitude. Now you must be punished. For a process that occurred entirely inside their own head!

- Also because they don't want to get caught out robotically and unemotionally mouthing words that they simply do not feel.
- Also because to show the victim how great they truly think they are might cause the victim to wake up to their own value, shake off the shackles of slavery and go and be with someone the narcissist knows perfectly well that person truly deserves to be with.

They KNOW they don't deserve you. They know very well they are abusive and that their behaviour costs you your health, sanity, money, time, reputation and emotion. They just don't care. **They think they deserve it.**

Think about every action and every word, does it not align PERFECTLY with this notion?

They know in their hearts you would be happier with someone else, someone who didn't abuse, crush and shame them but they simply do not care. They want you and that is the end of it. Their wantingness is its own reason, its own justification.

*“It SHOULD be mine“
Why?
“Because we want’s it, precious.”*

Why do they never show true gratitude?

Several reasons.

1. **Gratitude requires vulnerability:** they despise vulnerability, it makes them feel the loathsome, weak emotions that are for mere mortals who they feel so much contempt for. A god / goddess does not feel such things nor do they express them.
2. **Gratitude requires truth telling:** in truth you have given the narcissist far, far, far more than they ever gave you. Everything they gave you was cheap to them, or free to them, or valueless to them or the giving of it (as in sexual contact) was also a taking for them.
3. **Gratitude requires a generosity of spirit:** These are the most miserly, tight fisted, penny pinching avaricious people on earth. They count every bean and that includes the giving of compliments, love and attention. Oh, except in the love bombing phase when they want to trick you into thinking they are a kind, warm hearted loving human being. They will feign generosity then. If they consciously remember to.
4. **Gratitude requires authentic feeling:** If you question them on this lack of gratitude they will say “I tell you all the time how grateful I am for you.” But of course this is both palpably not true and they are exaggerating the few times they robotically wrote or said the words “I am grateful to you” because they knew they were supposed to or because it would get them more of what they want.

Narcissistic gratitude is about as sincere as the narcissist's apology. Yes, they can say “thank you” and “sorry”. But only on THEIR terms and in THEIR way.

They are not stupid. They know humans are “supposed” to do and say these things so they are clever enough to do it. But note how empty the gesture “feels”. You know perfectly well in your heart they feel zero gratitude, they are merely satisfied you are fulfilling your designated role as humble servant.

*Romantic gestures and language can be frequent, depending on the type of narcissist you are facing. **Authentic feeling will be non-existent.***

5. **Gratitude requires humility.** In the mind of the narcissist nothing could be more upsetting than actually making any gesture that requires humility. It breaks the template of themselves as being above you. To be humble and grateful from one human to another is a horizontal, balanced, fair interaction.

Horizontal and fair is the type of interaction that will send them into a narcissistic rage.

But remember this truth: they saw you as special. This cold hearted, superiority complex having, deeply damaged, deeply damaging, completely self-obsessed attention addict looked at you and thought “they are befitting my status as a superior being.”

I don't know you, dear reader, so I can't say what that special thing is. But perhaps if you woke up to what that thing is, which is the very last thing the narcissistic witch doctor wants you to do, you could reverse their evil spell (metaphorically speaking of course), reconnect with what makes you, you and move on with your life, not just fully recovered but improved.

Nothing makes a person's boundaries stronger or their determination to thrive in life more powerful than a strong self of their own self-worth.

You are worth fighting for, the narcissist proves it.

Fight for yourself and win this battle by healing fully, recovering well and living a better life in the light away from the narcissists dark, embittered world view.

No contact and self-healing are the way forward, train diligently and never be entrapped again.